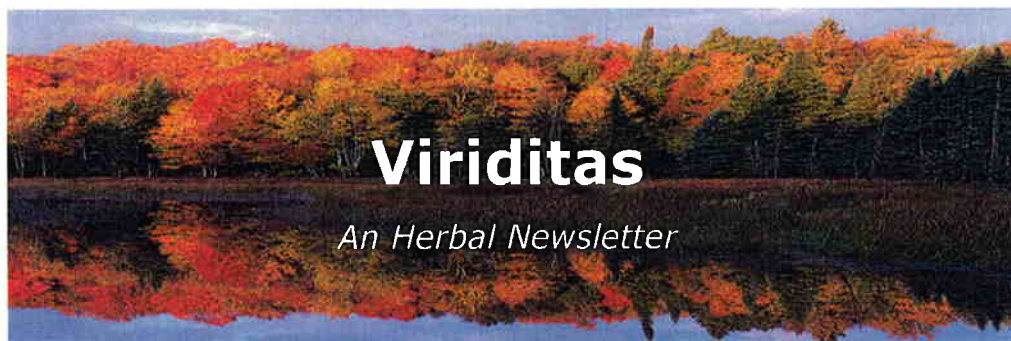


Fall 2006

Premiere Issue

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## Welcome

Welcome to the premiere issue of my newsletter *Viriditas*. I first heard the name at the American Herbalists' Guild Conference in Portland, Oregon in November 2005. Donald Yance, a well-respected herbalist and author, mentioned *Viriditas* and that its meaning relates to the 'healing power of the Divine in green things'. I did further research and found out that Hildegard, a famous German herbalist and mystic of the Middle Ages, coined the word.

The meaning really resonates with me, as my belief is that God has given us plants to

bring life, beauty, and healing. It is such an honor and privilege for me to use plants and the many gifts they offer as a way to support others in health. Thus the name, *Viriditas*.

My hope with this newsletter series is to offer items of interest to my beloved clients and anyone else interested. I plan to include seasonal information, recipes, herbal education, reading suggestions and anything else that might be of interest. I welcome your feedback as the intent is to serve you.



So why don't you make a hot cup of herbal tea (chamomile, holy basil and lemon balm would be nice), sit down in a comfy chair, cuddle up with a warm blanket, and enjoy a relaxing read. Thank you for your listening.

In health and partnership,  
Liz Bartlett

*Liz is a clinical herbalist and wellness counselor. She does personal health consultations and individualized herbal formulations and lifestyle protocols.*

## Fall—A Time of Letting Go

Traditional Chinese Medicine has a profound way of looking at the seasons, with each season representing a way of thinking, seeing, feeling, tasting, and being. In our rushed world, we forget sometimes about the rhythms of the seasons. Traditional cultures flow with this rhythm. Try to take some time during this crisp, autumn season and reflect on the changes that are occurring around you, as the leaves change colors and then

fall, revealing the full beauty of the bare branches and the bigger picture of the forest. Autumn is the time of letting go. It is this season that we take a bigger picture view of where we are. When life seems stuck, it is the gift of Autumn to ask—is there something I need to let go of? What areas of my life can I prune to make room for more growth? (*excerpted from Meridians, Tai Sophia Institute, Volume 10*)





Excerpted from *Meridians*,  
Tai Sophia Institute, Vol.10,  
Winter/Spring 2003

## Practical Suggestions for Cultivating Autumn's Gifts

- Pay attention to your breath. Breathe deeply. Think of breathing as taking in the energy of the heavens.
- Exercise. It can move you from stagnation to inspiration, from problems to solutions. Consider exercise that includes attention to breathing, like yoga, t'ai chi, chi gong, and the martial arts.
- When you eat, remember: a high fiber diet with roughage like whole grains and greens will stimulate and open the bowel. Eat foods that are in season. For fall, think of pumpkins, squash, sweet potatoes, and greens.
- Practice letting go: identify an old hurt, resentment, or regret and release it by saying to yourself, "I am willing to let it go."
- Grieve your losses. When losses are not mourned, they become like scar tissue that blocks future growth. Remember that every loss, every end, is a new beginning. Focus on what lies ahead. Ask yourself, how can this loss serve me?
- Go through your drawers and closets and throw out what you no longer use or need. If you haven't worn it in two years, let it go.
- Meditate—it will help you let go of what is no longer needed and take in what is beneficial.



"Chamomile (*Matricaria recutita*) is gentle enough to use with children"

## Tasty Tea Herbs

There are many wonderful herbs that useful as teas. Some herbs to consider in your cup of tea during these chilly, autumn days and nights include:

**Lemon Balm (*Melissa officinalis*)** - a lemony tasting tea, used to calm and uplift mood and a useful antiviral.

**Chamomile (*Matricaria recutita*)** - little white flowers

with yellow centers, Chamomile is gentle enough to use with children, used to calm irritation in the gut and the nervous system, to ease inflammation, a nice sleep herb.

**Elderberry (*Sambucus nigra*)** - a nice tasting flower and berry, both berries and flowers are used to support the immune system; useful antiviral

and mild diuretic.

**Holy Basil (*Ocimum sanctum*)** - not the culinary basil; considered an adaptogen, helps the body deal with stressors more effectively, nice tasting, both relaxing and uplifting.

**Damiana (*Turnera diffusa*)** - mild anti-depressant,, and useful for gas and stomach upset, mostly makes you feel happier.



## Recipe Corner—Fish Cakes

(Makes 8 patties)

These are delicious and fairly easy to make.

Ingredients:

- 1.5 lbs whitefish
- 2 eggs, lightly beaten
- 2 small onions, finely minced
- 1 cup whole grain bread crumbs
- 2 T. Dijon-type mustard

- 1/4-1/2 t. cayenne pepper
- 1 bunch cilantro, chopped
- 1 t. grated lemon rind
- Sea salt and pepper

Place fish in a pan with filtered water and simmer gently until fish is tender. Remove with a slotted spoon, place in a bowl and break up with a fork. Combine eggs with onions,

bread crumbs, mustard, cayenne pepper, cilantro and lemon rind. Add to fish and mix well. Form into cakes. Sauté until golden brown in butter and olive oil (1/2 cup of each). Bon appetit!

Courtesy of *Nourishing Traditions* by Sally Fallon & Mary Enig